



Relationship w/Jesus

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10 Ways to Fight Back - Christian Style

Article Written By: juli

We all experience it. We have been offended at one time or another. We have been pushed around. We have had someone do or say something that hurt us to our core. And when this happened, we stand dumbfounded at the total disregard for your feelings. Then we say to ourselves, "Why me?"

It can tear you up. The hurt, offence, pain, anger; it seeks to destroy us. The adversary is looking for to steal, kill and destroy.

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." John 10:10

God wants us to grow from these offenses. Take the time for someone else, learn and respond in the correct way. Now, keep in mind, you should get to the point where it is comfortable to do all of these steps. However, you must realize, that being human, you should focus on taking small steps.

So when an encounter happens, and the enemy attacks, let's look at the top ten ways to fight back (Christian Style):

10.) Be nice. Do something nice for someone. Then after some time, do something nice for your enemy as well. The best way to get out of a rut is to reach out to others and forget yourself.

"Recompense to no man evil for evil. Provide things honest in the sight of all men." Romans 12:17

9.) Apologize to them. You may not be in the wrong, but an apology may mend that broken area and most likely they will apologize back. If, by chance, it cannot be resolved, and you made your best effort, walk away knowing you did your best, and give it all to God.

"Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; [24] Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift." Matthew 5:23-24

8.) Quote scripture. Either verbally or in your mind. This process will wash over bad thoughts. Wash over troublous times and help you to recover the right way, with Jesus' Words to replace hurt feelings.



"Every word of God is pure: he is a shield unto them that put their trust in him." Proverbs 30:5

7.) Fast. When you get your body into subjection, it is easier to deal with conflict.

"Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord? [6] Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" Isaiah 58:5-6

6.) Pray your attitude stays good. A good attitude throughout all your walk with Jesus is always healthy. Whereas a negative attitude tends to provoke negative, this is where contention appears. Contention is a spirit. A spirit that needs to be dealt with. Just stick with a positive attitude.

"Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak." Matthew 26:41

5.) Have compassion for those who hurt you: Hurt people hurt people. Understand the conflict for what it is. And approach it appropriately. Ask, "Did I do something to offend you? Then why are you treating me this way?" Usually this will dispel the conflict immediately. Because most of the time people really don't realize they are being hurtful.

"Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous:" 1 Peter 3:8

4.) Praise God!

"My brethren, count it all joy when ye fall into divers temptations;" James 1:2

Worship God Always! Praise God! Anytime you give God time, He will in turn heal you. It may be a process, but it starts with Praise.

3.) Forgive them.

"Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: forgive, and ye shall be forgiven:" Luke 6:37

"Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. [4] And if he trespass against thee seven times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him." Luke 17:3-4



2.) Do nothing.

Let God have it. Give God the whole business and Trust Jesus. God knows what we need.

"Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. [20] Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head. [21] Be not overcome of evil, but overcome evil with good." Romans 12:19-21

And the number 1 way to fight back:

1.) Pray for them.

It'll help you both. Praying for your enemies creates in you a compassion that settles in your heart and a maturity that settles in your mind. You'll no longer feel sorry for yourself, but that you'll realize that your enemy is the one to be pitied. They are the ones in the wrong and are too sinful to notice it. In the long run, if they don't change, they lose out and will attend the Eternity of the Lake of Fire. That's sad. If you do not pray for them, who will?

"But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you;" Matthew 5:44

If you will allow yourself these steps to heal from offenses, then you will bless your soul and your life will become more abundant. Don't let evil to prevail when God's ways are so much better.

